

Milk

Nonfat, 1%, 2%, and Whole

APPROVED

Must Be

Only the type of milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated

You Can Choose

Combinations of half-gallons and gallons
Quarts only allowed when printed on the check
Acidophilus
Any brand
Calcium-fortified
Fat free
Kosher
Lactobacillus
Lowfat
Probiotics
Reduced fat
Skim milk with added thickeners, such as Creamy Fat Free, Skim Supreme

Shopping Tip: You can combine two half-gallons for a gallon. Examples:



NOT APPROVED

See page 22.

Milk

Lactose Free

APPROVED

Must Be

Only the type of lactose free milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated



You Can Choose

Combinations of half-gallons and gallons
Quarts only allowed when printed on the check
Lactose free nonfat milk or lactose free 1% milk when "Lactose free 1% or less milk" is printed on the WIC check
Acidophilus
Any brand
Calcium-fortified
Fat free
Kosher
Lactobacillus

NOT APPROVED

See page 22.

Dry

APPROVED

Must Be

Only dry milk when printed on the WIC check
Mixes to 1 quart of milk or more
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored

You Can Choose

Boxes, cylinders, plastic bags, or pouches
2%, 1%, nonfat, or whole dry milk
Any brand
Calcium-fortified
Kosher



NOT APPROVED

See page 22.

Milk

Evaporated

APPROVED

Must Be

- 12 oz can
- Only evaporated milk when printed on the WIC check
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored

You Can Choose

- 2%, 1%, fat free, nonfat, or whole evaporated milk
- Any brand
- Calcium-fortified
- Kosher



NOT APPROVED

See list below.

NOT APPROVED FOR ALL TYPES OF MILK

Do Not Buy

- Added flavors, foods, or spices
- Pints, half-pints, or smaller
- Glass bottles
- Single-serve or individual packets
- Bulk powdered milk
- Buttermilk
- Chocolate milk
- DHA/ARA
- Half and half
- Hemp, nut, rice, or other grain beverages
- Kefir

- Low-carb dairy beverage
- Non homogenized
- Omega 3
- Organic
- Other animal milk, such as goat or sheep
- Raw milk
- Soy milk or beverage
- Sweetened condensed milk
- UHT containers
- Unpasteurized milk
- Whipping cream